



RESILIENCE

For Patients of the Balboa Warrior Athlete Program

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Featured Activities for March–April, 2012



The Warrior Games is an annual competition that was created in 2010 to introduce injured service members and veterans to paralympic sports. This year, the 2012 Warrior Games will be held in Colorado Springs, CO, on April 30 to May 5. Congratulations to the NMCSO athletes selected to compete this year!

Results from the Warrior Games Trials:

ATHLETE	CATEGORY	AWARD
Cpl Barron	10k Handcycle	Silver
LCpl Blair	Wheelchair Basketball	Gold
	Sit-down Volleyball	Gold
Cpl Chischilly	10K Handcycle	Bronze
	Swimming 100M Freestyle	Silver
	Swimming WWBN-West	
	Team B/4x200 Open	Bronze
LCpl Grubbs	Sit-down Volleyball	Silver
LCpl Ellis	Track and Field	
	1500M and 200M Open	Gold
	100M Open	Bronze
	Sit-down Volleyball	Bronze
LCpl Garcia	Wheelchair Basketball	Silver
Cpl Jones	Shooting 10-meter Air Pistol Open	Silver
	Archery Compound Open	Silver
LCpl Lazukin	Shooting 10 Meter Rifle Prone SH1	Gold
	Wheelchair Basketball	Gold
	Sit-down Volleyball	Silver
Cpl McDaniel	Track and Field 100M and 200M	Silver
	Wheelchair Basketball	Silver
Cpl Pienaar	Shooting 10 meter Air Pistol Open	Gold
Sgt Rodriguez	Wheelchair Basketball	Bronze
Cpl Storey	Track and Field 100M/Upper Body	
	and 200M/Upper Body	Gold
	WWBN-West A Team 4x100 Open	Gold
	Swimming WWBN-West	
	Team B/4x200 Open	Bronze
LCpl Sickinger	Sit-down Volleyball	Bronze
SSgt Vermillion	Sit-down Volleyball	Bronze

NMCSO Team

SSgt Guillermo Tejada
Sgt Eric Rodriguez
Cpl Josue Barron
Cpl Marcus Chischilly
Cpl Justin Jones
Cpl Anthony McDaniel
Cpl Alec Pienaar
Cpl Kionte Storey
LCpl Zach Blair
LCpl Joseph Ellis
LCpl Carlos Garcia
LCpl Artem Lazukin



US PARALYMPICS



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BWAP ACTIVITIES



Cycling Tuesdays, 1200-1500

Calling all handcyclists, cyclists, and recumbent bike enthusiasts! Join us at our weekly training program held at various locations in San Diego. Program goals include improved cardiovascular endurance, enhanced individual time, increased distance, and improved upper or lower extremity strength. This is an excellent program for those individuals who experience some type of physical/cognitive impairment and who want to ride recreationally or train for an upcoming cycle event.

Person in Charge: Marla Knox, Recreation Therapist



Turbo Spin Wednesdays, 1100-1200

Develop speed, endurance and strength during this 50 minute ride. Feel free to bring your own bike or handcycle and a trainer or use one of the spin bikes provided. Class takes place at the pool deck, next to building 12. **Person In Charge: Chris Chandler, US Paralympic Military Coordinator**



Tennis March 15th & April 19th — Thursdays, 1030-1300 March 2nd & April 6th — Fridays, 1000-1230

This bi-weekly program is offered to all ability levels. The tennis pros at Balboa Tennis Club will teach you the basics of tennis or help you improve your existing game. Tennis will help you build your eye-hand coordination & endurance, decrease stress and introduce you to new people. Transportation and lunch are provided. **Person In Charge: Marla Knox, Recreation Therapist**



Progressive Golf Clinic Thursday, 1330-1600

This program is designed to bring the best possible experience to those golfers who are at beginner or intermediate skill level. This seven week program, for person of ALL abilities, will leave you with the desire to get involved in the game for both enjoyment and camaraderie. Individual golfers will undergo a basic evaluation and game assessment, learn more about equipment fitting, gain on course experience, participate in team skills competition and play a 9 holes scramble at Admiral Baker Golf Course. Each golf team (2-3 players) will be lead by a PGA professional. This program is sponsored by Command Navy Region Southwest. Transportation is provided. **Person In Charge: Marla Knox, Recreation Therapist**



Hiking Wednesdays, 0700-1000

San Diego has many beautiful places to hike! If you are interested in seeing them and getting a good work out, then join us! Ninety-minute hikes are held at various locations and usually involve various types of moderately challenging terrain, inclines and declines. Hikers of all abilities are welcome to participate! Transportation provided. **Person In Charge: Marla Knox, Recreation Therapist**

Pre-registration, medical clearance and initial assessment are required for participation in all programs. Please contact the Health and Wellness office at 619-532-7764 to register or to receive more information on the above listed programs.

BWAP ACTIVITIES



Strength & Conditioning
Mondays, 1000-1100
Fridays, 0800-0900

Do you want to build physical strength and overall endurance yet have a hard time motivating yourself? This weekly group circuit training class sponsored by MWR is held at Building 26 gym, will help improve your overall strength while at the same time have fun and meet new people! **Persons In Charge: Hank Sullivan, MS, CPT, and Eddie Pryor, BS, CPT**



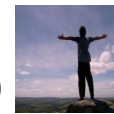
Tai Chi
Mondays, 0830-0915

The Tai Chi & Qi Gong class is a 45-min session taught by an ASYMCA volunteer. The class guides the patient through the gentle flowing movements of Tai Chi. This program will assist with developing balance, calm of mind, stress management, and maintaining strength and flexibility. Teacher provides explanations and demonstrations to underlying tai chi techniques, body mechanics at work, and information regarding body alignment, joints and muscle relaxation. **Person In Charge: Betty Michalewicz, Exercise Physiologist**



Yoga
Tuesdays, 1200-1300, C5 Physical Therapy Gym
Thursdays, 1330-1500, Health & Wellness

With regular practice, yoga can help you to decrease stress and achieve mental clarity, while stretching and strengthening your joints and muscles. **Person In Charge: Betty Michalewicz, Exercise Physiologist**



Qi Gong
Wednesdays, 1100-1200

Location: NMCS D Healing garden / Chapel (weather dependent)

The Qigong class is a 60-min session that is taught by ASYMCA volunteer. This will assist with reducing stress, releasing pain, and rejuvenating mind and body energy with simple invigorating breathing techniques, guided imagery, combined with easy to follow fluid movements that may be done standing and/or seated. **Person In Charge: Betty Michalewicz, Exercise Physiologist**



Salsa Dance Class
Wednesdays, 1200-1315

Let the professionals teach you to dance! The class meets at Bldg 12 Athletics Complex group exercise room (upstairs). Bring your spouse or significant other to participate as well. Extra dance partners will be available for those who require one. **Person In Charge: HM3 Samantha Browne**



Amputee Group
1st Wednesday, 1200-1300 at 5 West , Bldg. 1
3rd Wednesday, 1200-1000 at Health & Wellness Classroom, Bldg. 26

Join fellow amputees at the Amputee Group which is held at 1200 on the 1st and 3rd Wednesdays of each month. Discussion topics vary based on group needs. Lunch is provided. **Person In Charge: Josh Hooker (619) 822-8274**

All Navy Med-hold patients, Marine Wounded Warriors, Army Warrior Transition Unit, C5, RCC and veterans are eligible to participate in most activities.

Call (619) 532-7764



BWAP AQUATICS

Aquatic Exercise Happy Back Tuesdays, 1130-1230

The class consists of aquatic exercises that focus on alleviating lower and upper back pain while strengthening the whole body. It can be an intense cardio workout adjusted to injuries, focusing on rehabilitation from orthopedic injuries for patients that are still non-bearing/partial bearing weight. Each session is usually concluded in a 5-min spa — an ancient remedy for stress and muscle pain. Class meets at Bldg. 12's pool deck. **Person in Charge: Betty Michalewicz, Exercise Physiologist**

Swimming for Beginners Wednesdays, 1400-1500



This 60-minute swimming session aims to give beginners a good foundation for swimming. Instructor-to-participant ratio is 1:3. Participants will develop a better feel for the water, improve their water safety awareness, and learn different strokes. Class meets at Bldg. 12's pool deck. **Person in Charge: Betty Michalewicz, Exercise Physiologist**



Swim Clinic Mon 1300-1400, Wed 1300-1500 Tues, Thu, Fri 0600-0730

Here is your opportunity to learn or refine your swimming skills & stroke technique, increase cardiovascular capacity and overall well-being. This class meets at the pool next to Bldg. 12 and is offered five days a week. **Person in Charge: Betty Michalewicz, Exercise Physiologist**

Surf Clinic Thursdays, 0800-1330



The surf clinic is geared for beginners or individuals who have been surfing for years. Join us for a morning of therapy in the water. All equipment is provided. *A swim assessment is required to participate.* **Person in Charge: Betty Michalewicz, Exercise Physiologist**



Kayaking

March 8 & 22, April 5 & 19, 0900-1300 in Del Mar
March 5 & 19, April 2 & 16, 1100-1300 @ MWR Pool

March 2 & April 6, 0930-1300 Still Water Kayaking @ Mission Bay

Basic kayaking skills and techniques are taught by Team River Runner in the safety of the MWR pool in Building 12. Training is also available at the surf clinic every 1st & 3rd Thursday of the month in Del Mar for fun surf and ocean kayaking. Becoming a capable basic kayaker makes a paddler eligible to one of the national trips to Colorado, the Virgin Islands and Montana! **Person in Charge: Betty Michalewicz, Exercise Physiologist**

Stand-Up Paddle Boarding w/ Outrigger Canoe March 16 & April 20, 0930-1300



Stand-up paddle surfing (SUP) is an emerging global sport with a Hawaiian heritage. The sport is an ancient form of surfing and benefits include strengthened core, increased upper extremity strength, and enhanced vestibular training. Join us for a SUP session in Coronado! Transportation is provided. **Person In Charge: Betty Michalewicz, Exercise Physiologist**



Wounded Warrior
Disabled Sports Project





BWAP ACTIVITIES

Music Therapy Mondays, 1300-1430

Experience the therapeutic benefits of music-making even if you are not a musician. Studies show that music therapy such as drumming, vocalizations and songwriting can help restore physical energy, improve creativity, enhance immune function and emotional well-being. The class meets at Bldg 12 Athletics Complex group exercise room (upstairs). **Person in Charge: Seth Bove, Clinical Volunteer**

Healthy Cooking Tuesdays, 1500-1630



Come join us for a "hands on" cooking class offered at the Health & Wellness Department. You will learn how to prepare a healthy meal using a variety of recipes that are easy and inexpensive to prepare. Best of all, you get to eat what you cook at the end of class. For food planning purposes, please notify H&W Front Desk at 532-7764 if you plan to attend. **Person in Charge: LCDR Andrew Sholtes**



OEF & OIF-ONLY ACTIVITIES

Beginner Golf Class, Mondays, 1215-1430 Intermediate Golf Class, Mondays, 1315-1530

Free golf instruction program is created for injured service members experiencing physical injury, combat stress, or traumatic brain injury. For beginners, participants will learn about putting, chipping and driving skills in this one-hour program. No experience is necessary to participate. For intermediate golfers, participants will improve their existing skills on 9-hole course in this one-hour program. This 8-week program is held at Del Mar Golf Center. **Person in Charge: Marla Knox, Recreation Therapist**

Sport Shooting Clinic March 16th, 0700-1300



Physically, it increases strength, improves stamina, and elevates hand-eye coordination and fine motor skills. Cognitively, concentration levels are sharpened and expanded. Multiple problem-solving activities involving logic and creative thinking are employed. Safety and personal responsibility are strictly adhered to throughout the clinic. Transportation is provided. All interested participants must obtain and complete a medical clearance to participate. **Person in Charge: Alysha Dugo, ASYMCA**



Canine Therapy Program TBD

A 6-week community-based program to assist individuals reintegrate back into the community using the medium of canine therapy. Each session will expose the participant to a different community location. **Person in Charge: Marla Knox, Recreation Therapist**

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BWAP ACTIVITIES

Velodrome Cycling

March 19 & April 16, 1300-1530

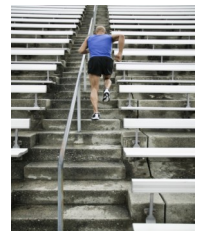


Interested in trying something new or taking your cycling to the next level? Join us at the San Diego Velodrome for track cycling! Offered twice a month on the second and fourth Monday, a USA Cycling Coach and Spin Instructor will work with you at your level. The San Diego Velodrome is an outdoor track cycling arena featuring banked corners and a smooth concrete track. **POC: Tricia Betts, US Paralympic Military Coordinator**

Agility Clinic / Neuromuscular Function and Running Clinic

Wednesdays 0900-1000, Located at Bldg. 12 Gym

Anyone returning to physical activities can participate in this program. The agility clinic is a series of exercise drills that will help you get back on your feet with coordination, balance, agility, speed, strength, endurance, and power. The exercises will prepare you for more advanced training such as Endurance Circuit Training and other type of workouts. The program is for anyone who is interested in getting in shape. **Physical Therapy patients please see your therapist for referral. All others please see Tricia Betts, US Paralympic Military Coordinator**



Archery

March 7 & 21, April 4 & 18 : Wednesday, 1500-1630

Located at Bldg. 12 Softball Field



Perfect your focus and enjoy the sport of archery! All levels of participants are welcome and equipment will be provided. The class will begin with the basic fundamentals of archery and progress at each person's level. Recurve bows will be used during class. Level 4 Coach with Paralympic and international experience will be instructing. **Person in Charge: Tricia Betts, US Paralympic Military Coordinator**

Crew Rowing

March 20 & April 17, 0800-1130

Learn the basics of rowing while spending time on the Mission Bay with the San Diego Rowing Club. Try sculling or sweeping, enjoy the morning in the sleek shells bringing you close to the water and nature, plus enjoy a thorough workout! **Person in Charge: Tricia Betts, US Paralympic Military Coordinator**



WARRIOR GAMES
April 30-May 5
Colorado Springs, CO
Go NMCSD Athletes!



Pre-registration, medical clearance and initial assessment are required for participation in all programs. Please contact the Health and Wellness office at 619-532-7764 to register or to receive more information on the above listed programs.

Learn More About Service Dogs for Persons with Combat Stress or Post Traumatic Stress

When: Friday March 9th
Time: 10:30-1200
Where: NMSCD Health and
Wellness, Building 26



One benefit of service dogs for PTSD can be assistance with emotional overload. People with this condition can experience extreme stress in response to triggers that evoke fear and other emotions associated with trauma. The dog can remain watchful for signs of stress like shaking, rapid speech, or sweating. It can offer a tactile stimulus to distract the patient and break the cycle; this might include something like licking, pawing, or leaning on the partner to refocus attention.

The presence of a service dog can also help someone navigate unfamiliar or frightening environments. Some patients like to work with larger breeds to create an intimidating presence, which forces people to give them more personal space. While the dog is not trained for security purposes, it can help the patient feel more secure. Service dogs for PTSD can also perform tasks like house or room checks, confirming that an environment is safe for the handler.

Register: Contact Marla Knox, CTRS at 619-532-7754.



Feeding America San Diego is able to provide food to over 73,000 different individuals each week – but this cannot happen without the selfless help of volunteers! Sign up today!

- Date:** Tuesday, March 13th, 2012
- Time:** 1130 – 1400 (Please eat lunch prior to event)
- What:** Farm2Kids: Volunteers help to pack Farm2Kids program bags with 3-5 pounds of produce. These bags are our way of getting nutritious foods into kids' lives!
- Target Audience:** All Med Hold Patients & Staff
- Spots Available:** 5, RSVP ASAP!
- Location:** San Diego, CA 92121
- Transportation:** Will be provided
Leaving NMC at 1130
- Dress:** Work clothes with durable shoes
**NO open-toed shoes. Bring work gloves if you have them.



ASY POC for RSVPs:

Please contact Alysha Dugo, 619-532-8156
alysha.dugo@med.navy.mil

ST. PATRICK'S DAY

5K

THURSDAY, MARCH 15 • 1115 • NMCS D • FREE

All are welcome to participate!

Free T-shirt for the first 150 pre-registered participants, post-race drawing prizes and trophies for the 1st and 2nd place finishers. Plus, all participants help their Directorate earn Commander's Cup points for the year-round Cup Trophy race!

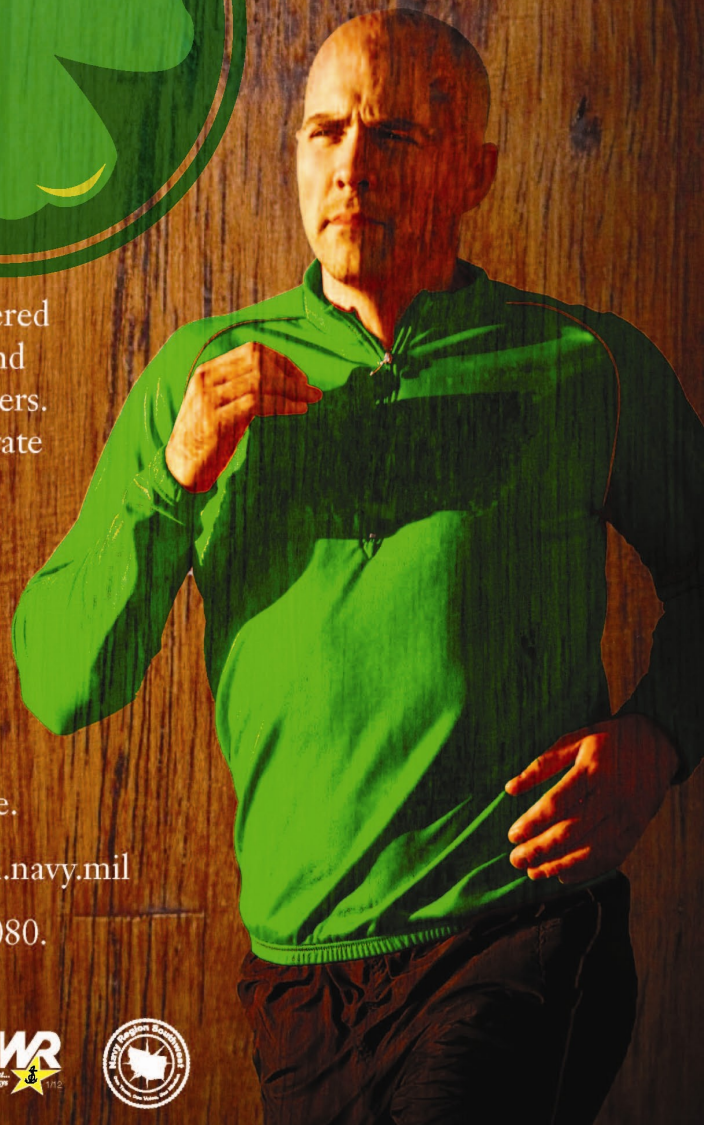
Registration

Check-in and day-of registration opens at 10:30 at the Bldg. 12 softball field. Pre-register by emailing jeffrey.stuart@med.navy.mil. Provide first and last name, rank and Directorate.

Volunteer POC: johanna.boman@med.navy.mil

For more information call 619-532-6080.

Proudly sponsored by



KRAV MAGA

UNARMED COMBAT SYSTEM OF THE ISRAELI DEFENSE FORCE

Learn Adapted Krav Maga (unarmed combat system of the Israeli Defense Force)

Who: For persons sustaining physical disability relating to injury or diagnoses

When: Wednesday, March 21st, 1200-1300

Where: C5 Physical Therapy

Why: To regain a sense of confidence post injury especially for those who use wheelchairs or prosthetics.

Presented by:

Cpl Jake Romo and instructor Mike Mihalkanin MMA Academy



**To register,
contact:**

Marla Knox, CTRS
619-532-7764
marla.knox@med.navy.mil



GOLF TOURNAMENTS

Patient Activities

Golf Classic

Date: Friday, March 23, 2012

Time: 1000- 1900 (Lunch & Dinner Served)

Agenda: 1000 ~ Registration
1100~ Lunch
1130- Shotgun Start
1700 ~ Dinner, Auction, & Awards

Target Audience: Wounded, Injured, & Ill Service Members in active treatment at NMC.

Spots Available: One Foursome, can golf together!

Location: Sycuan Resort in El Cajon, CA

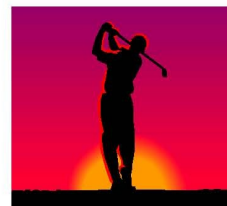
Propellers Golf Tournament

Date: Friday, April 20, 2012

Time: 1100- 1730

Location: Admiral Baker Golf Course

Details are still "to be determined" ~ more to follow! If interested, please email Alysha Dugo: alysha.dugo@med.navy.mil as event nears!



RSVPs:

Please contact Alysha Dugo at 619-532-8156
or alysha.dugo@med.navy.mil

CO-ED BASKETBALL TOURNAMENT

NMCSO. BEGINS TUESDAY, MARCH 27.



FREE

**GAMES PLAYED TUESDAYS AND
THURSDAYS AT 1700 AND 1800**

League awards include League Champion and Runner-Up trophies, as well as individual and MVP medals. Each team also receives Commander's Cup points for their Directorate.

1 female per team is required to play the entire game.

League is open to active duty, reservists, dependents, DoD and Branch Medical Clinics.

Forfeit Fee: \$84 per game

For more information or to pre-register your team, call 619-532-6080 or e-mail jeffrey.stuart@med.navy.mil

**COACHES' MEETING AND THE LAST DAY TO REGISTER
IS MARCH 20 AT NMCSO, BLDG. 12 GYM BY NOON.**



Sail Plane Gliding!

Patient
Activity



Southern California Soaring Academy

The Only Soaring Site in Los Angeles County

What: Experience the freedom and thrilling experience of flying in a Sail Plane. You will be provided a ride to an airfield located in Southern California's High Desert, about 3 hours from San Diego. Here you will be given the chance to soar with an instructor in a high performance glider! Food will be included in this all-day activity.

Date: The last Thursday of each month!
Thursday, March 29th & April 26th, 2012
0800 : Leave NMC, front of Bldg 26
1100: Arrive to Airfield

1200-1600: Soar

1900: Estimated return time to NMC

Who: Wounded, Injured, or Ill Service Member, plus spouse.
This activity involves accelerating and descending in a non-pressurized cabin at rapid pace, up to 14,000 feet. Must be medically cleared to attend. Also must be able to bend knees at a 90 degree angle. Wheelchairs as long as patient

Where: Crystallaire Airport, located in Llano, California

Medical Clearance: Required!

Transportation: Will be provided

Spots Available: 10



Club Vision:

Give back to those who have given most:

Provide IOF/OEF wounded servicemen and women with the opportunity to experience the quiet beauty of motorless flight.



Sponsored by:

Southern California Soaring Academy (SCSA)

ASY POC: Alysha Dugo

alysha.dugo@med.navy.mil or 619-532-8156

WHEELCHAIR BASKETBALL CAMP

**Wednesday and Thursday
April 4-5, 2012**

**Wheelchair Basketball
Camp with University
of Illinois Wheelchair
Basketball Coach
Mike Frogley**

Where: NMCSD, Building 12

Who: Service members with
permanent physical
injuries including
amputations, spinal
cord injuries and
neurological or
orthopedic
impairment.

Why: To improve your
existing wheelchair
basketball offensive
and defensive skills,
wheelchair maneuvera-
bility, ball handling
skills, and prepare
for the Warrior Game.



Register or Questions:

MARLA KNOX

619-532-7764

marla.knox@med.navy.mil



MILITARY RACQUETBALL FEDERATION

MILITARY RACQUETBALL FEDERATION (MRF) will be hosting a Rehabilitative Racquetball Clinic for all Wounded Warriors.

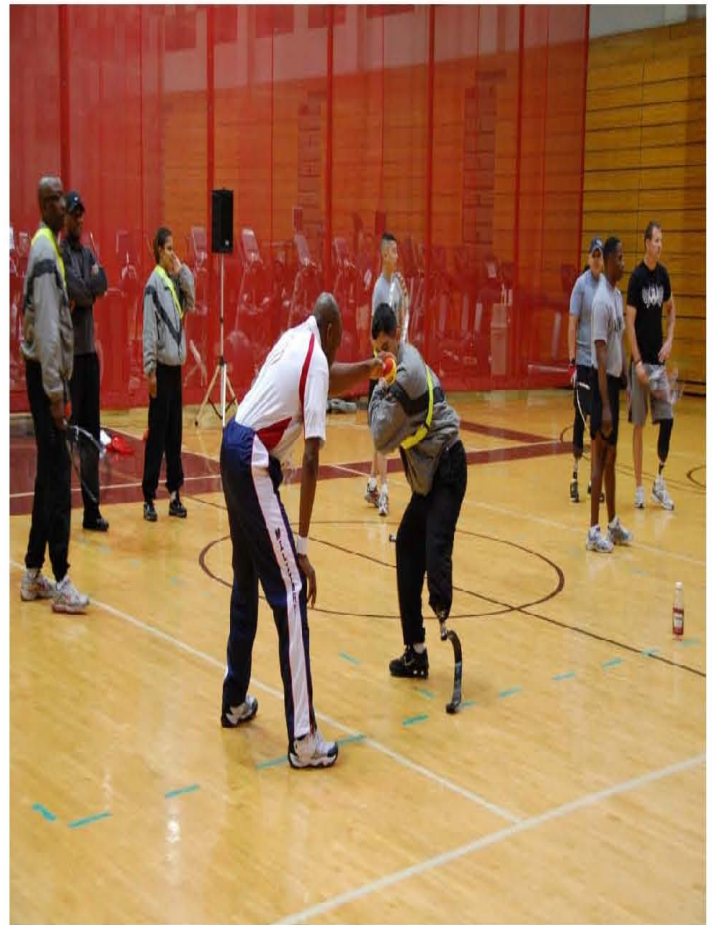
WEDNESDAY (11APR) @ 12:00pm

located at the racquetball courts in building 12 at NMCS

****MEALS / DRINKS will be provided***

FREE Give-a-ways for showing up:

- Starter Kit racquets
- Raffle Prize (Customize Military Racquet for Winner)



At the end of this clinic, we are looking to take only 5 special players to compete at a National Racquetball tournament in Fullerton, CA

RACQUETBALL IS FOR ALL!

- * T.B.I.
- * PTSD
- * WHEELCHAIR USERS
- * AMPUTEES (Below and Above the Knee)
- * Non-Combative Injuries (Shoulders / Hips / etc.)



**For more information, or to register contact Marla Knox
Recreation Therapist, CTRS**

Office: (619) 871-8350

E-mail: marla.knox@med.navy.mil

***A TOP Professional will be on-site during the clinic**

WHEELCHAIR CURLING CLINIC

Featuring
**Patrick McDonald of Team USA and
National Outreach Director Marc DePerno**

MONDAY, APRIL 23

8:00 AM - 11:00 AM

ICEOPLEX

555 N. TULIP STREET

ESCONDIDO, CA

*This free clinic is being offered for disabled Veterans,
disabled members of the Armed Forces and all individuals
with disabilities*

**Contact Marc at marcdeperno@yahoo.com
or 315-737-2459 to register**



The grant funding for this program is awarded by U.S. Paralympics through funding provided by Veterans Affairs.

**All Navy Med-hold patients, Marine Wounded Warriors, Army Warrior Transition Unit, C5, RCC
and veterans are eligible to participate in most activities.**

Call (619) 532-7764

1st ANNUAL MILITARY

TENNIS CAMP



SOUTHERN CALIFORNIA
SAN DIEGO

Who: Ill, injured and wounded servicemembers, both active duty and veterans from across the country.

Where: Balboa Tennis Club
2221 Morley Field Drive
San Diego, CA. The club is the home of a nationally-recognized tennis program for ill, injured, and wounded military personnel.

Why: Improve your existing skills, learn about adaptive equipment, and have fun!

What: The camp will consist of 3 days of training and skill building. On the 4th day, participants will have the opportunity to compete at a local tennis tournament.

Cost: Free! Transportation, hotel, meals, and equipment will be provided through a grant from the U.S. Olympic Committee.

Criteria: Prior tennis experience is desired; sport wheelchairs will be available for those who require them.

Please email or fax all registration info to:

Marla Knox, CTRS

Email: marla.knox@med.navy.mil

Fax: (619) 532-7722

For more information and registration forms, visit www.sandiegotennis.com and click on

Wounded Warrior Tennis Program.

The grant funding for this program is awarded by U.S. Paralympics, a division of the U.S. Olympic Committee, through funding provided by Veterans Affairs. The grants are provided to facilitate the growth of Paralympic sport programming for disabled veterans and disable members of the Armed Forces

Wednesday-Saturday
May 16-19, 2012
Travel Dates: May 15th & 20th

M Marriage E nrichment R etreat

May 18-20, 2012



*The get-a-way you need!
And it's free!!*

Coordinated by CH. Leverette/Balboa Hospital Pastoral Care • (619) 532-9417

Enrich Your Marriage...

Join Us!

Join us for a weekend of fun engaging in activities specific to couples. A weekend for couples using a variety of programs. Couples will learn principles to enhance their marital relationship, handle inevitable conflicts, and to strengthen spiritual, emotional, psychological, and physical aspects of their commitment. Active Duty, Reservist on Active Duty orders and Dependents are eligible.

Date

May 18-20, 2012

Time

Starts with a social at 1800 on Friday, May 18 and ends at noon on Sunday, May 20.

Location

The Doubletree by Hilton
1515 Hotel Circle South
San Diego, CA 92108
Front Desk: (619) 881-6900

Additional Info:

This event is free!

- Meals will be provided from snacks on Friday through breakfast on Sunday.
- Check-out time is at noon.
- Couples are responsible in arranging childcare, since none will be provided.

So come enjoy yourself! This is a great opportunity to spend quality time with your spouse! Space is limited so please call now! This event is supported and provided by CREDO Southwest Region.

Comments from past retreats with CREDO:

"This weekend helped deployment-proof my marriage!"

"My wife and I are so much closer after this weekend."

"This is the very best program the military has to offer to service members and their families."

"I can't tell y'all how much I needed this weekend. It was the turning point in my life! Thank you, Chaplains!"

Contact Us!

For more information please contact CH. Leverette (619) 532-9417 or CREDO SW at (619) 556-2826

Wheelchair *Basketball*

A weekly basketball clinic for ill, injured, and wounded service members with physical impairment, i.e. amputation, orthopedic injury, limb salvage, etc.



Mondays & Wednesdays, 1300-1500

NMCSD Building 12, Basketball Court



**ALL PARTICIPANTS MUST BE
MEDICALLY CLEARED TO
PARTICIPATE.**

To register:

Marla Knox, CTRS
Recreation Therapist
619-532-7764
marla.knox@med.navy.mil

TRAINING HIKES
0730 Start Time
at designated trail
(Saturdays)

January 21

Cowles Mountain &
Big Rock Park to Barker
Way & Back

February 18

Iron Mountain
(1000 ft = 9 mi)

March 31

South & North Fortuna at
Mission Trails
(1251 ft = 6.12 mi)

April 28

Mt. San Miguel
(2500 ft = 7 miles)

May 12

Otay Mountain
(3,566 ft = 16 mi)

June 28-30

San Geronimo Mountain
(11,503 ft = 20 mi)

July 19-21

San Jacinto Mountain
(10,834 ft = 16 mi)

**Mark your
Calendar to
climb:**

MT. WHITNEY
(14,497.61 ft)

All participants must be medically cleared in order to participate. All participants must attend the BWAP weekly hiking program on Wednesdays 0700-1000, and a majority of the Saturday hikes to qualify for Mt. Whitney.

OPEN TO OEF/OIF INJURED SERVICEMEMBERS & VETERANS



To register, contact:

Marla Knox, CTRS

(619) 532-7764/marla.knox@med.navy.mil

Reference herein to any specific private organization does not constitute or imply its endorsement, recommendation, or favoring by the United States Government, and shall not be used for advertising or product endorsement purposes.



All Navy Med-hold patients, Marine Wounded Warriors, Army Warrior Transition Unit, C5, & veterans are eligible to participate.

SALSA DANCING CLASS

Wednesdays, 1215-1315

Let the professionals at Champion Ballroom teach you to dance! This six week class will focus on introducing you to a specific dance style (Salsa, Tango, Ballroom, etc). Each week you and your partner will work to improve your moves and techniques so that you can put what you learn to good use. The class meets at Bldg 12 Athletics Complex group exercise room (upstairs). Bring your spouse or significant other to participate as well. Extra partners will be available for those who require one.

For details and pre-registration, please contact:

HM3 Samantha Browne
samantha.browne@med.navy.mil
(619) 532-7764



March 2012



BALBOA WARRIOR ATHLETE PROGRAM ACTIVITIES



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Time indicates actual start time at NMCS. Please check in at least 15 minutes prior to the event.					
4	5 Tai Chi 0830-0915 Run/Walk Clinic 0830-0930 Strength Training 1000-1100 Kayak Drills @ Pool 1100-1300 Swim Clinic 1300-1400 Music Therapy 1300-1430 Beginner Golf 1215-1415 Intermediate Golf 1315-1515 Wheelchair Basketball 1300-1500	6 Swim Clinic 0600-0730 Aquatic Exercise Happy Back 1130-1230 Cycling 1200-1500 Yoga 1200-1300 Healthy Cooking 1500-1630	7 Hiking 0700-1000 Agility Clinic 0900-1000 Spinning 1100-1200 Qi Gong 1100-1200 Amputee Peer Support 1200-1315 Salsa Dancing 1200-1315 Swim Clinic 1300-1400 Swim Beginners 1400-1500 Wheelchair Basketball 1300-1500 Archery 1500-1630	8 Swim Clinic 0600-0730 Surfing & Kayaking 0800-1330 Yoga 1330-1500 Progressive Golf 1330-1600 Healthy Back Yoga 1500-1600 LA Marathon Training- 1400-1600 Vail Veterans Program Ski Trip: 3/5-3/9	9 Swim Clinic 0600-0730 Strength Training 0800-0900 In-Service Service Dogs for Persons with Combat Stress/PTSD Clinic 1030-1200	10 USOC Cycle & Archery Camp
11	12 Tai Chi 0830-0915 Strength Training 1000-1100 Run/Walk Clinic 0830-0930 Swim Clinic 1300-1400 Music Therapy 1300-1430 Beginner Golf 1215-1415 Intermediate Golf 1315-1515 Wheelchair Basketball 1300-1500	13 Swim Clinic 0600-0730 Aquatic Exercise Happy Back 1130-1230 Cycling 1200-1500 Yoga 1200-1300 Healthy Cooking 1500-1630 Farm2Kids (ASYMCA) 1130-1400	14 Hiking 0700-1000 Agility Clinic 0900-1000 Spinning 1100-1200 Qi Gong 1100-1200 Salsa Dancing 1200-1315 Swim Clinic 1300-1400 Swim Beginners 1400-1500 Wheelchair Basketball 1300-1500 Big Bear Ski Trip 3/14-3/15	15 Swim Clinic 0600-0730 Surfing 0800-1330 Tennis 1030-1300 St. Patrick's 5K Run/Walk 1115~ (MWR) Yoga 1330-1500 Fly Fishing Clinic 1400-1530 Progressive Golf 1330-1600 Healthy Back Yoga 1500-1600	16 Swim Clinic 0600-0730 Strength Training 0800-0900 SUP 0930-1300 Sport Shooting 0700-1300	17
18 LA Marathon	19 Tai Chi 0830-0915 Run/Walk Clinic 0830-0930 Strength Training 1000-1100 Kayak Drills @ Pool 1100-1300 Music Therapy 1300-1430 Velodrome Cycling 1300-1530 Beginner Golf 1215-1415 Intermediate Golf 1315-1515 Wheelchair Basketball 1300-1500 Discover Scuba 1300-1500	20 Swim Clinic 0600-0730 Rowing 0800-1130 Aquatic Exercise Happy Back 1130-1230 Cycling 1200-1500 Yoga 1200-1300 Healthy Cooking 1500-1630	21 Hiking 0700-1000 Agility Clinic 0900-1000 Spinning 1100-1200 Qi Gong 1100-1200 Amputee Peer Support 1200-1300 Self Defense Clinic 1200-1300 Salsa Dancing 1200-1315 Swim Clinic 1300-1400 Swim Beginners 1400-1500 Wheelchair Basketball 1300-1500 Archery 1500-1630	22 Swim Clinic 0600-0730 Surfing & Kayaking 0800-1330	23 Golf Classic Tournament 1000-1900 (ASYMCA)	24
25	26 Tai Chi 0830-0915 Run/Walk Clinic 0830-0930 Strength Training 1000-1100 Swim Clinic 1300-1400 Music Therapy 1300-1430 Beginner Golf 1215-1415 Intermediate Golf 1315-1515 Wheelchair Basketball 1300-1500	27 Swim Clinic 0600-0730 Aquatic Exercise Happy Back 1130-1230 Cycling 1200-1500 Yoga 1200-1300 Healthy Cooking 1500-1630 Coed Basketball Tournament (MWR)	28 Hiking 0700-1000 Agility Clinic 0900-1000 Spinning 1100-1200 Qi Gong 1100-1200 Salsa Dancing 1200-1315 Swim Clinic 1300-1400 Swim Beginners 1400-1500 Wheelchair Basketball 1300-1500	29 Swim Clinic 0600-0730 Surfing 0800-1330 Yoga 1330-1500 Progressive Golf 1330-1600 Healthy Back Yoga 1500-1600 Sail Plane Gliding (ASYMCA) 0800-1900	30 Swim Clinic 0600-0730 Strength Training 0800-0900	31 Mt. Whitney Training South to North Fortuna Mission Trails 0730-

Pre-registration, initial assessment and medical clearance are required for participation in all programs. Please contact the Health and Wellness office at 619-532-7764 to register or to receive more information on the above listed programs.



April 2012

BALBOA WARRIOR ATHLETE PROGRAM ACTIVITIES



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Tai Chi 0830-0915 Run/Walk Clinic 0830-0930 Strength Training 1000-1100 Kayak Drills @ Pool 1100-1300 Swim Clinic 1300-1400 Music Therapy 1300-1430 Beginner Golf 1215-1415 Intermediate Golf 1315-1515 Wheelchair Basketball 1300-1500	3 Swim Clinic 0600-0730 Rowing 0800-1130 Aquatic Exercise Happy Back 1130-1230 Cycling 1200-1500 Yoga 1200-1300 Healthy Cooking 1500-1630	4 Agility Clinic 0900-1000 Spinning 1100-1200 Qi Gong 1100-1200 Salsa Dancing 1200-1315 Amputee Peer Support 1200-1300 Swim Clinic 1300-1400 Swim Beginners 1400-1500 Archery 1500-1630 Swim Beginners 1400-1500 Wheelchair Basketball Camp 4/4-5	5 Swim Clinic 0600-0730 Surfing & Kayaking 0800-1330 Yoga 1330-1500 Healthy Back Yoga 1500-1600	6 Swim Clinic 0600-0730 Strength Training 0800-0900 Kayak on Mission Bay 0930-1300 Tennis 1000-1230	7
8	9 Tai Chi 0830-0915 Run/Walk Clinic 0830-0930 Strength Training 1000-1100 Swim Clinic 1300-1400 Music Therapy 1300-1430 Beginner Golf 1215-1415 Intermediate Golf 1315-1515 Wheelchair Basketball 1300-1500	10 Swim Clinic 0600-0730 Rowing 0800-1130 Aquatic Exercise Happy Back 1130-1230 Cycling 1200-1500 Yoga 1200-1300 Healthy Cooking 1500-1630	11 Hiking 0700-1000 Agility Clinic 0900-1000 Spinning 1100-1200 Qi Gong 1100-1200 Racquetball Clinic 1200-1300 Salsa Dancing 1200-1315 Swim Clinic 1300-1400 Swim Beginners 1400-1500 Wheelchair Basketball 1300-1500 Family Ski Trip 4/11-4/14: Park City, UT	12 Swim Clinic 0600-0730 Surfing 0800-1330 Yoga 1330-1500 Healthy Back Yoga 1500-1600	13 Swim Clinic 0600-0730 Strength Training 0800-0900	14
15	16 Tai Chi 0830-0915 Run/Walk Clinic 0830-0930 Strength Training 1000-1100 Kayak Drills @ Pool 1100-1300 Swim Clinic 1300-1400 Music Therapy 1300-1430 Beginner Golf 1215-1415 Intermediate Golf 1315-1515 Wheelchair Basketball 1300-1500	17 Swim Clinic 0600-0730 Rowing 0800-1130 Aquatic Exercise Happy Back 1130-1230 Cycling 1200-1500 Yoga 1200-1300 Healthy Cooking 1500-1630	18 Hiking 0700-1000 Agility Clinic 0900-1000 Spinning 1100-1200 Qi Gong 1100-1200 Amputee Peer Support 1200-1300 Salsa Dancing 1200-1315 Swim Clinic 1300-1400 Swim Beginners 1400-1500 Wheelchair Basketball 1300-1500 Archery 1500-1630	19 Swim Clinic 0600-0730 Surfing & Kayaking 0800-1330 Tennis 1030-1230 Yoga 1330-1500 Fly Fishing Clinic 1400-1530 Healthy Back Yoga 1500-1600	20 Swim Clinic 0600-0730 Strength Training 0800-0900 SUP @ Ocean/Glorietta Bay 0930-1300 Propellers Golf Tournament 1100-1730 (ASYMCA)	21
22	23 Tai Chi 0830-0915 Wheelchair Curling Clinic 0800-1100 Run/Walk Clinic 0830-0930 Strength Training 1000-1100 Swim Clinic 1300-1400 Music Therapy 1300-1430 Wheelchair Basketball 1300-1500	24 Swim Clinic 0600-0730 Rowing 0800-1130 Aquatic Exercise Happy Back 1130-1230 Cycling 1200-1500 Yoga 1200-1300 Healthy Cooking 1500-1630 Scuba Diving Open Water Course	25 Hiking 0700-1000 Agility Clinic 0900-1000 Spinning 1100-1200 Qi Gong 1100-1200 Salsa Dancing 1200-1315 Swim Clinic 1300-1400 Swim Beginners 1400-1500 Wheelchair Basketball 1300-1500	26 Swim Clinic 0600-0730 Surfing 0800-1330 Yoga 1330-1500 Healthy Back Yoga 1500-1600 Sail Plane Gliding (ASYMCA) 0800-1900	27 Swim Clinic 0600-0730 Strength Training 0800-0900	28 Mt. Whitney Training San Miguel 0730
29	30 Tai Chi 0830-0915 Run/Walk Clinic 0830-0930 Strength Training 1000-1100 Swim Clinic 1300-1400 Music Therapy 1300-1430 Beginner Golf 1215-1415 Intermediate Golf 1315-1515 Wheelchair Basketball 1300-1500 Warrior Games Start	Time indicates actual start time at NMCS. Please check in at least 15 minutes prior to the event.				

Pre-registration, initial assessment and medical clearance are required for participation in all programs. Please contact the Health and Wellness office at 619-532-7764 to register or to receive more information on the above listed programs.

What is the Balboa Warrior Athlete Program?



The Balboa Warrior Athlete Program ("BWAP") is a therapeutic program designed to restore, remediate and rehabilitate injured, ill or wounded service member's level of function and independence in life activities. Structured fitness, sports and recreation programs promote health and wellness as well as reduce or eliminate limitations and restrictions to participation in activities of daily life caused by an illness or disabling condition.

BWAP offers comprehensive sports, recreation, leisure and fitness activities designed to meet the physical, social, emotional and cognitive needs of injured troops. Participation in activities provides the tools needed to reintegrate back into the community, enhance their quality of life, and promote living a fit and healthy lifestyle.

BWAP is collaborative partnership with the Health & Wellness Department, MWR, C5, Physical and Occupational Therapies, Mental Health, United States Paralympics, Armed Services YMCA, Chaplain Services and med-hold representatives. Resilience, the program's bi-monthly newsletter, contains information about current and upcoming activities. Printed copies of the newsletter are available at the Health & Wellness Department located at Building 26, NMCSD, 1st floor and next to the NEX Mini Mart.

Individuals who are interested in participating in BWAP activities may contact the Health and Wellness Department at 619-532-7764. Pre-registration, medical clearance, and initial assessment are required for participation in all programs.

Do you want to receive the future issues of this newsletter regularly? Sign up for the electronic delivery of this newsletter straight to your inbox. Ask any BWAP staff at your next appointment, call us at 619-532-7764, or email abegail.toledo@med.navy.mil for a copy.

Mark your calendars for:



**Wheelchair Basketball Camp
with University of Illinois Wheelchair Basketball
Coach Mike Frogley**

April 4-5, 2012

Location: NMCSD Bldg. 12

To register, please contact:

Marla Knox, CTRS
(619) 532-7764
Marla.knox@med.navy.mil



Health & Wellness Department is located at Building 26, 1st floor, next to the Navy Exchange Mini Mart. Our office hours are from 0800 to 1600.